

WINNIPEG metro



Judge nixes fees for school survivors

Victims of abuse had been told they needed to pay extra to filing companies **PAGE 2**

FIFA fever: Shoes, strikes and strikers

The lowdown on footwear and a subway strike that threatens the games **PAGE 7**

Filming in front of the camera

That cameraman character in The Sacramento really did record some action **PAGE 12**

SORRY LADIES, BUT YOU MISSED YOUR CHANCE

GEORGE CLOONEY AND HIS FIANCEE AMAL ALAMUDDIN ARE REPORTEDLY GETTING HITCHED IN VENICE, ITALY **PAGE 13**



Const. Hal Foster gets a hug as the Moncton community gathers in front of the Codiac RCMP Detachment for a vigil in memory of the three slain Mounties. TORSTAR NEWS SERVICE

Local cops head to Moncton to honour the fallen

'Those are our brothers and sisters.' Manitoba RCMP, Winnipeg police head to N.B. for funeral of slain officers



SHANE GIBSON
shane.gibson@metronews.ca

Members of the Manitoba RCMP and the Winnipeg Police Service will be in Moncton Tuesday to attend the funeral service for the three Mounties shot and killed last week.

Deputy Chief Dave Thorne of the WPS and RCMP D Division Commanding Officer Assistant Commissioner Kevin Brosseau, along with a handful of members from both forces, will be among the thousands of officers from

across Canada attending the funeral for constables Fabrice Georges Gevaudan, Douglas James Larche and Dave Joseph Ross.

"Those are our brothers and sisters in law enforcement," explained WPS spokesperson Const. Jason Michalyshen. "What they're going through is incredibly tragic and we're here to support them and we never want to see anything like this happen here in Winnipeg."

Gevaudan, Larche and Ross were gunned down Wednesday after responding to a report of a man with firearms in Moncton. Two other officers — Eric Dubois and Darlene Goguen — were wounded and have been released from hospital.

Mounties in Manitoba are also planning a private memorial in Winnipeg Tuesday. **WITH FILES FROM THE CANADIAN PRESS**

Showing support

A deep connection

The voyage to Moncton isn't the only tribute police made to the fallen officers.

Last Thursday, members of the Winnipeg police force, cadets and Mounties gathered outside of the RCMP D Division on Portage Avenue for a wreath-laying and moment of silence.

"It just shows how deeply our officers are connected," said Chief Devon Clunis Friday, adding it's "an incredible line of support ... to our colleagues in Moncton and all RCMP officers right across the country."

BERNICE PONTANILLA/METRO



Classes start in September – APPLY NOW!

Carpentry

204.989.6500

wtc.mb.ca

Why students choose WTC:

- Apprenticeship Manitoba accredited training that puts you in demand!
- Be work-ready after *only 5 months*.
- Gain hands-on experience learning how to properly and safely use tools.
- Instructors dedicated to your success.
- **FREE STUDENT PARKING!**



WINNIPEG
TECHNICAL
COLLEGE

EDUCATION FOR
EMPLOYMENT

Suspension. Health Canada yanks licence of drug wholesaler website

Health Canada has suspended the establishment licence of pharmaceutical wholesaler canadadrugs.com of Winnipeg over "significant concerns" about its manufacturing practices discovered during an inspection.

The federal department says the licence suspension means canadadrugs.com cannot wholesale drugs to retail pharmacies, other distributors or wholesalers until these concerns are fully addressed.

Canadadrugs.com is also

separately licensed as a pharmacy by the College of Pharmacists of Manitoba to sell drugs authorized in Canada to consumers via the Internet. Canadians are still able to purchase their drugs from the company's website because the license issued by the College of Pharmacists is still valid.

A company must comply with good manufacturing practices to ensure medications sold in Canada are safe, effective and of high quality.

THE CANADIAN PRESS

Assiniboine Park Zoo. Journey to Churchill seeks LEED certification

The Journey to Churchill exhibit at Assiniboine Park Zoo wants to find out just how easy it is to be green.

After it opens up July 3, the multimillion-dollar exhibit will seek a Leadership in Energy and Environmental Design (LEED) Silver certification from the Canada Green Building Council.

"We've made every effort to make sustainable choices in designing Journey to Churchill," said Don Peterkin, COO at Assiniboine Park Conservancy, in a release.

"The exhibit is intended to not only be fun for families but also to carry a message of conservation. We hope to educate visitors about climate change and its effects on our northern species."

Environmental initiatives at Journey to Churchill include a geothermal heating and cooling system and a water filtration system that mitigates the need to fill and dump the exhibit's huge salt-water pools.

METRO

West Broadway

Man stabbed in home invasion

Winnipeg police are investigating a home invasion in West Broadway Monday that sent a man to hospital with stab wounds.

Police say several people swarmed into a house in the 100 block of Langside Street around 5:15 a.m. and confronted the occupants.

A 25-year-old man was stabbed and is now in stable condition.

No arrests were made.

Anyone with information is asked to call police at 204-986-6219 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

Court

Teens on trial for man's fatal beating

Two youths are on trial for the fatal beating of a man who came to the aid of his pregnant daughter in Winnipeg.

Police say the two boys, who were 15 at the time, attacked 48-year-old Joseph Lalonde outside a home in 2011.

They both face charges of second-degree murder and assault.

The Crown says the two attacked the man's daughter with a pellet gun and a bat, and when Lalonde stepped in, they beat him until he was unconscious.

He was in a coma for five days before he died.

Police say a gang-related argument between the two boys and another group preceded the beating, but Lalonde and his daughter had nothing to do with it.

CJOB/THE CANADIAN PRESS

Judge nullifies fees for residential school survivors

Ruling. Abuse victims were told they had to pay extra costs to form-filling companies

A Manitoba judge has struck down what he calls "unconscionable" fee arrangements for residential school survivors, and has ordered some to be reimbursed.

Court of Queen's Bench Justice Perry Schulman has ruled it is illegal for victims of abuse at the residential schools to have to pay so-called form-filling companies to perform what are essentially legal services.

The case involved more than 30 lawyers and agencies across Canada that work to help those who were victims

of physical, sexual and emotional abuse fill out forms to file for compensation.

Lawyers are allowed to charge claimants up to 30 per cent of their compensation, but the judge found some were being told they had to pay extra fees to form-filling companies.

Schulman ruled that not all form-filling company activities are illegal, but most of their duties should be done by the lawyers involved at no extra cost.

He says the pressure exerted on clients in two specific cases that were before the court was unconscionable.

Schulman's ruling, issued last Thursday, says claimants are under no obligation to pay anything other than legal fees approved by their adjudicator.

THE CANADIAN PRESS



Residential school survivors will see some legal fees refunded after a Manitoba judge ordered them to be reimbursed. TORSTAR NEWS SERVICE

DAD AND ME

TAKE YOUR DAD to any three Blue Bombers games of the season with a pair of flex packs, and do it in style with a \$500 Portage Place shopping spree and dinner at Prairie 360!

Enter to win* at our Customer Service Centre on the second level from June 12 to 16.

* One ballot per customer per day. Promo ends at 6pm on June 16. No purchase necessary. Some restrictions may apply.

MEET HERE. SHOP HERE.

**PORTAGE
PLACE**

JUNE 12
to
JUNE 16

Slain Mounties grieved in public visitation

'Such a loss.'

Thousands of police officers expected to attend RCMP regimental funeral in Moncton Tuesday

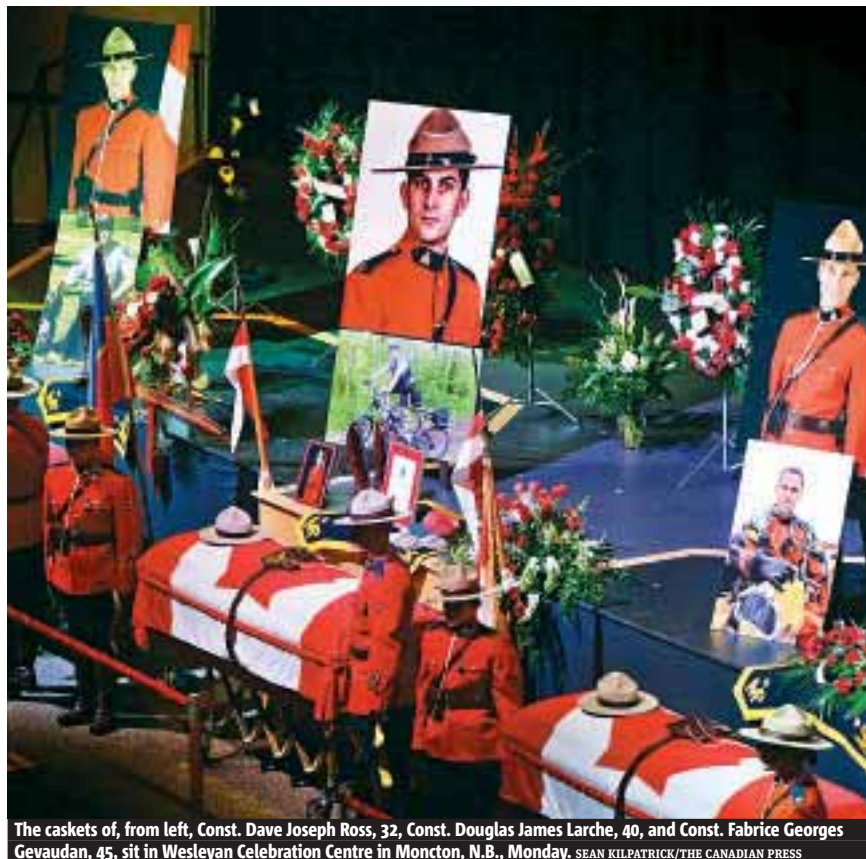
People in Moncton came together Monday in a public show of support for the RCMP as they grieved the deaths of three Mounties shot dead in the line of duty last week.

Under a cloudless sky, people gathered at the Moncton Wesleyan Celebration Centre for a public visitation service for constables Fabrice Georges Gevaudan, Douglas James Larche and Dave Joseph Ross.

About 200 people were lined up as the doors swung open to a large auditorium, where three flag-draped caskets lay near the front of the room. Atop each casket was a Mountie's brown Stetson.

"I really think there's a need for us, the people of the city, to support the RCMP," said local resident Elaine Gray, who dabbed her reddened eyes with a tissue.

"For me, I just wanted to say thank you again and again to these people.... (What happened) was so senseless and such a shame and such a loss. I didn't know any of them personally. I know all of them now."



The caskets of, from left, Const. Dave Joseph Ross, 32, Const. Douglas James Larche, 40, and Const. Fabrice Georges Gevaudan, 45, sit in Wesleyan Celebration Centre in Moncton, N.B., Monday. SEAN KILPATRICK/THE CANADIAN PRESS

The visitation service was held as the city prepares to welcome thousands of police officers from across Canada for an RCMP regimental funeral service Tuesday.

Mayor George LeBlanc said he expects between 5,000 and 7,000 police officers will attend the funeral at the Moncton Coliseum. The service will be televised.

Justin Bourque, 24, of Moncton is facing three charges of first-degree murder and two counts of attempted murder.

THE CANADIAN PRESS

Canada 'frank' on issue of climate change: PM

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said. "No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy



Prime Minister Stephen Harper meets Australian Prime Minister Tony Abbott in Ottawa Monday. ADRIAN WYLD/THE CANADIAN PRESS

jobs and growth in their country.

"We are just a little more frank about that, but that

is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change.

"We think that climate change is a significant problem. It's not the only or even the most important that the world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

THE CANADIAN PRESS

Sex trade. Harper defends crackdown

The Conservatives are cracking down on johns and pimps because legalizing their activities would be unacceptable to Canadians, says Prime Minister Stephen Harper.

In defending new government legislation on prostitution, Harper said Monday that activities related to the sex trade are outlawed because they are harmful to women and society in general. Some critics say the proposed law does not adequately protect women, failing to meet the Supreme Court's primary concern.

THE CANADIAN PRESS

TRANSIT TUESDAY

Weekly Transit News Update



NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, from 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try DART, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/ from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. The free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you. For complete route and schedule information, visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg transit's award-winning website. You will get the same great features and information in a format that is optimized for Internet-enabled mobile devices. Go to m.winnipegtransit.com.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit the lost property office at Winnipeg Transit's downtown service centre in Winnipeg Square.

PARK AND RIDE ... AND RELAX

Simply park your car at a Park & Ride location near you and take the bus to your destination. You will enjoy the convenience and probably save a few bucks in gas while you are at it. Visit winnipegtransit.com for more information about the Park & Ride service.

SAVE SOME GREEN WITH AN ECOPASS

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from five per cent to 100 per cent on transit. Visit the Winnipeg Transit website for more information.

EcoPass

Get to work on it!

winnipegtransit.com

Efforts underway to rescue man trapped inside German cave

Alps. Although rescuers have reached trapped researcher, he is still nearly 6,000 metres from the cave's entrance

Rescuers were working Monday to bring out a man stuck deep inside a cave in the German Alps after he was hurt by falling rocks, an effort that officials said would take days as experts negotiate a tricky labyrinth of vertical shafts and bottlenecks.

A four-member rescue team reached the experienced 52-year-old German cave researcher early Monday inside the Riesending cave system, near Berchtesgaden in Ger-



A rescuer enters a cave near Berchtesgaden in the German Alps.
THE ASSOCIATED PRESS

many's southeastern corner.

The man, whose name wasn't released, had suffered head injuries a day earlier. One of his two uninjured companions made a 12-hour climb

back to the cave entrance to alert authorities, while the other stayed with him.

The injured man is nearly 1,000 metres below the surface "in one of the most difficult caves in Europe," mountain rescue official Klemens Reindl told n-tv television.

Officials said he is around 6,000 metres from the cave entrance. He is believed to be in stable condition.

"We have shafts that go straight down 350 metres, where you have to rappel down and climb back up on a rope," he said. The cave system has tight spots where only a slim person can squeeze through, and explorers also have to contend with water.

Cave rescue specialists from Germany, Austria and Switzerland were involved in the operation. **THE ASSOCIATED PRESS**



Locking up love and throwing away the keys

Love padlocks are seen on the Solferino bridge in Paris on Monday after a chunk of fencing with thousands of locks fell off under their weight on the Pont des Arts bridge. The fencing tumbled late Sunday on the pedestrian bridge, which crosses the Seine. Thousands of couples have latched padlocks to the bridge and thrown their keys into the river as symbols of lasting love, resulting in what some decry as an eyesore. **FRANCOIS MORI/THE ASSOCIATED PRESS**

Utah

Cabin burglar pleads guilty

A man accused of burglarizing cabins across a wide swath of Utah has agreed to a package of plea deals to settle charges from seven counties.

Troy James Knapp pleaded guilty Monday to 10 felony counts of burglary. He was sentenced to one to 15 years on each count.

Knapp, 46, became a sensation in Utah as he raided cabins, stealing guns, whiskey and supplies.

THE ASSOCIATED PRESS

Home invasion

Woman's online gambling pays off

People watching a video feed of a woman playing an online game called authorities to report seeing a home invasion taking place in the woman's apartment, police said Monday.

Lt. Michael Pooley said a friend of the victim watching the video Monday morning saw two men with guns break down the 28-year-old woman's apartment door while she was playing the game.

THE ASSOCIATED PRESS

New Jersey. Authorities say trucker went 24 hours without sleep before crash

The truck driver from Georgia accused of triggering the high-way crash that injured Tracy Morgan and killed another comedian hadn't slept for more than 24 hours before the accident, authorities said Monday while the actor was recovering in a New Jersey hospital.

Walmart truck driver Kevin Roper was originally expected to make an initial appearance in state court Monday, but a court official said the Jonesboro, Ga., resident is scheduled in court on Wednesday.

It wasn't clear Monday if Roper had retained an attorney. He remained free after posting a \$50,000 bond.

Authorities said the 35-year-old Roper apparently failed to slow for traffic ahead early Saturday in Cranbury Township and swerved at the last minute to avoid a crash. Instead, his big rig smashed into the back of Morgan's chauffeured Mercedes limo bus, killing comedian James "Jimmy Mack" McNair, authorities said.

The 45-year-old Morgan, a former Saturday Night Live and 30 Rock cast member, remained in critical condition Monday. Morgan's spokesman, Lewis Kay, said he was "more

responsive" Sunday after having surgery for a broken leg.

Kay said Morgan suffered a broken femur, a broken nose and several broken ribs and is expected to remain hospitalized for several weeks. He said Morgan's family is "tremendously overwhelmed and appreciative of the outpouring of love and support from his fans."

Roper has been charged with death by auto and four counts of assault by auto. Under New Jersey law, to prove both crimes the state has to demonstrate the defendant operated the vehicle recklessly when the injuries or death were caused.

According to the criminal complaint, Roper was operating the truck "without having slept for a period in excess of 24 hours resulting in a motor vehicle accident." It doesn't specify the basis for that assertion.

Walmart president Bill Simon said in a statement that the company "will take full responsibility" if authorities determine its truck caused the accident.

Safety advocates said they hope the accident in New Jersey will help their case.

THE ASSOCIATED PRESS

You Medical Centres
WALK IN CLINIC
NOW OPEN
MONDAY - SATURDAY

www.youmedicalcentres.com

CALL TODAY
204.504.5121

OPEN SATURDAYS

359 JOHNSON AVE WEST, UNIT E
Located Beside Your Community Pharmacy

LIKE US

OPEN AT 8:00 a.m. WEEKDAYS!

7 men held after female student sexually assaulted

Egypt. Tahrir Square has seen multiple sexual attacks on women amid the large crowds that mass there for protests or celebrations

Egyptian police on Monday arrested seven men for sexually assaulting a 19-year-old student during celebrations marking the inauguration of the country's new president in Cairo's central Tahrir Square the day before, security officials said.

Video footage posted on social media purportedly shows the student completely naked amid a crowd of men, parts of her body bloodied as policemen struggle to escort her out of Tahrir.

Police were investigating 27 complaints of sexual harassment against women in Tahrir, where tens of thousands celebrated Abdel-Fattah el-Sissi's inauguration on Sunday late into the night, the officials said.

Sexual harassment has been one of Egypt's enduring social ills.

THE ASSOCIATED PRESS



Supporters of Egyptian President Abdel-Fattah el-Sissi celebrate his inauguration in Tahrir Square, Cairo, on Sunday. THOMAS HARTWELL/THE ASSOCIATED PRESS

Karachi, Pakistan

Taliban claims responsibility for attack on airport

The Pakistani Taliban on Monday threatened more attacks after claiming responsibility for a brazen five-hour assault on the country's busiest airport in which gunmen disguised as police guards stormed the international airport in Karachi and set off explosions. At least 18 people were killed besides the attackers.

The attack further diminished prospects for a resumption of peace talks with the Pakistani Taliban that officials had hoped could bring an end to their campaign to overthrow the U.S.-allied government.

THE ASSOCIATED PRESS

Boko Haram. Gunmen kidnap 20 women in northeast Nigeria

Suspected Boko Haram gunmen have reportedly kidnapped 20 women from a nomadic settlement in northeast Nigeria near the town of Chibok, where the Islamic militants abducted more than 300 schoolgirls and young women on April 15.

The group seeks to establish a pure Islamic state ruled by sharia law.

Alhaji Tar, a member of the vigilante groups set up to resist Boko Haram's attacks, said the men arrived at noon Thursday in the Garkin Fulani settlement and forced the women to enter their vehicles at gunpoint. He says they drove away to an unknown location in the remote stretch of Borno state.

Tar said the group also took three young men who tried to stop the kidnapping.

"We tried to go after them when the news got to us about three hours later, but the vehicles we have could not go far, and the report came to us a bit late," he said. In another incident, the defence headquarters said Monday that troops prevented raids by Boko Haram this weekend on villages in Borno and neighbouring Adamawa. Soldiers killed more than 50 militants on Saturday as they were on their way to attack communities. The military has come under criticism from Nigerians who say they're left to fend off attacks on their own.

THE ASSOCIATED PRESS

ENDLESS

Beauty

Whether you find yourself called to urban parkland trails, the breathtaking South Saskatchewan River or the peaceful and thriving countryside, beneath vibrant living skies and on the edge of nature, the endless beauty of Saskatoon is yours to explore.

TOURISMSASKATOON.COM
Toll Free: 1.800.557.2444

TourismSaskatoon

f t

Walmart shopper who confronted cop killers had concealed weapon

Sin City. Married couple shot police officers at point-blank range, and Walmart shopper who aimed to confront them

A shopper armed with a concealed weapon inside a Las Vegas Walmart confronted an armed man who entered the store with his wife moments after the couple killed two officers in a nearby restaurant, police said Monday.

Assistant Sheriff Kevin McMahon said Monday that 31-year-old Joseph Wilcox of Las Vegas was in the checkout line when he saw Jerad Miller fire a shot and went to confront him.

Miller's wife, Amanda, pulled out a gun and shot Wilcox in the rib area. He collapsed and died.

Police say the Millers ex-

changed gunfire with officers inside the Walmart before Amanda Miller shot her husband and then herself.

Police said the two suspects had ideology that was along the lines of "militia and white supremacists."

Police are also looking into whether the couple had been at Cliven Bundy's Nevada ranch during a standoff with government agents earlier this year.

Bundy, who rejects the authority of the federal government, got into a high-profile showdown with U.S. officials who say he owes more than \$1 million in fees and penalties for grazing his cattle on government land. Hundreds of supporters, some of them armed, went to the ranch to support Bundy.

McMahon said the two suspects believed that law enforcement was the "oppressor."

Police believe the shootings were an isolated act and officers

were still looking for a motive, McMahon said.

The two officers were having lunch Sunday at a pizza buffet in a strip mall when the Millers fatally shot them at point-blank range.

The attack at a CiCi's Pizza killed officers Alyn Beck, 41, and Igor Soldo, 31, who were both husbands and fathers. Jerad Miller yelled, "This is a revolution!" McMahon said.

Both suspects fired multiple shots into Beck. They then placed a note, a yellow "Don't tread on me" flag and a swastika on the officers' bodies, McMahon said at a news conference Monday.

Jerad Miller, 31, was convicted of felony vehicle theft in Washington state, police said. He also had a criminal record in Indiana. Indiana also has a marriage licence on file that says Miller and his 22-year-old wife were married in August 2012.

THE ASSOCIATED PRESS



Sheriff Doug Gillespie, left, speaks at a news conference on the shooting of two Las Vegas Metropolitan Police Department officers Sunday in Las Vegas. The two officers killed were Alyn Beck and Igor Soldo. JOHN LOCHER/THE ASSOCIATED PRESS

Mother of teen stowaway fears death threats at home

The mother of an ethnic Somali teenager who stowed away on a plane from California to Hawaii has left a refugee camp in Ethiopia because of what she says are death threats against her.

Ubah Mohammed Abdule was moved outside of the Shedder Refugee Camp in far eastern Ethiopia near the border with Somalia for safety reasons, said Abdllrasak Abas Omar, a legal protection officer at the camp. He said that Abdule showed the camp administrators logs of anonymous calls she said were made by people threatening her with death.

"It's just a 600-metre (yard) evacuation because she felt vulnerable in the camp's makeshift homes," said Omar. "She's quite unstable now."

Abdule has not seen her teenage son in eight years.



Ubah Mohammed Abdule, right, sits with her son Abdullahi, 8, left, and daughter Neshad, 5, outside her hut in a refugee camp near Jigjiga, Ethiopia. ELIAS ASMARE/THE ASSOCIATED PRESS

The teen stowed away in the wheel well of a jetliner during a nearly six-hour flight to Hawaii. Abdule believes her boy was trying to get to Somalia to see her.

Since her son's trip in April, Abdule says she has received threats from callers she believes are relatives of her former husband.

"They are going to kill me, so that his claims that I was

dead will turn out to be true," she told an Associated Press reporter by phone. "I couldn't keep waiting for death to come, because the makeshift home was not a good safe haven. I was exposed to any attack."

A family spokeswoman forwarded questions on Saturday from AP to father Abdilahi Yusuf, a Santa Clara, Calif., taxi driver, about the allegations of threats. As with past requests, Yusuf has not responded. The spokeswoman, Zahra Billoo with the Council on American-Islamic Relations, said the family is firm in wanting to maintain their privacy.

THE ASSOCIATED PRESS

Reading is the one solution we can all agree on.

Reading gets us places. Help us take reading to a whole new level at nationalreadingcampaign.ca

NATIONAL READING CAMPAIGN

TD

metro

TORONTO STAR
thestar.com

Strong Supporters of Literacy



ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1

What the heck? Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player is using to deliver the goals: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

Shoes or socks? Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

2

3

Adidas goes retro. Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

Golden boot. The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

4

5

Shine a light. Ecuador goalkeeper Maximo Banguera will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.



Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIUS M. ALVAREZ/THE ASSOCIATED PRESS



World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay.

Earlier Monday, riot police

firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS



Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

Get more than a post-workout glow with GOODcoins

Virtual currency. Get moving to earn rewards with this new program



SCOTT TAYLOR
Metro in London, Ont.

You've heard of bitcoins.

Well, now London, Ont., is digging into another form of virtual currency designed to get people walking the walk and pedalling the bike to a healthier lifestyle.

Those who do will be rewarded with GOODcoins, which can be used to buy a number of environment-friendly goods and services such as solar lights, compost bins, organic bedding, food and more.

Adding it up

15

GOODcoins can be accumulated by participating in one or more campaigns in London, Ont., including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

It's easy to do.

Residents of the southwestern Ontario city can sign up online at london.goodcoins.ca and download the app to any iPhone or Android — they're working on a BlackBerry version but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director

of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from P.E.I. to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.



From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, *Exposed: A History of Lingerie* touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

Equifax

Demand for credit rising out West

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around \$1.4 trillion, up from \$1.33 trillion in the same period last year.

THE CANADIAN PRESS

Market Minute



DOLLAR
91.68¢ (+0.19¢)



TSX
14,871.21 (+32.31)



OIL
\$104.41 US (+\$1.75)



GOLD
\$1,253.90 US (+\$1.40)

Natural gas: \$4.63 US (-\$0.08)
Dow Jones: 16,943.10 (+18.82)

THE HANDY POCKET VERSION!

Get the news as it happens

metro



Download the Metro News App today at metronews.ca/mobile



'Lightweighting' is latest route to better fuel economy

While hybrids and electrics may grab the headlines, the real frontier in fuel economy is the switch to lighter materials.

Automakers have been experimenting for decades with lightweighting, as the practice is known, but the effort is gaining urgency with the adoption of tougher fuel efficiency standards. To meet the U.S. government's goal of nearly doubling average fuel economy to 19 km/L by 2025, cars need to lose some serious pounds.

Lighter doesn't mean less safe. Cars with new materials are acing government crash tests. Around 30 per cent of new vehicles have hoods made of aluminum, which can absorb the same amount of impact as steel. Some car companies are teaming up with airplane makers, who have years of crash simulation data for lightweight materials.

Ford gave a glimpse of the future last week with a lightweight Fusion car. The prototype, developed with the U.S. Department of Energy, is about 800 pounds lighter than a typical Fusion thanks to dozens of changes in parts and materials.



The lightweight Fusion sedan unveiled Tuesday. FORD MOTOR CO./THE ASSOCIATED PRESS

The car won't be in dealerships any time soon. For one thing, it's prohibitively expensive. Its seats, for example, cost up to \$73 US apiece because they have carbon fibre frames. The same seats with steel frames are \$12.

Still, prototypes are helping Ford and other companies figure out the ideal mix of materials.

"These are the technologies that will creep into vehicles in the next three to five years," said Matt Zaluzec, Ford's technical leader for materials and manufacturing research.

THE ASSOCIATED PRESS

Driving change

Some vehicles have already made a lightweight leap.

- Land Rover's 2013 Range Rover, which went on sale last year, dropped around 317 kilograms with its all-aluminum body.
- The new Acura MDX shed 124 kilograms thanks to increased use of high-strength steel, aluminum and magnesium.

RIGHT TO BARE ARMS NOT ABOUT GENDER

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs



SHE SAYS
Jessica Napier
metronews.ca

and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jeans shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud



The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious.

METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted

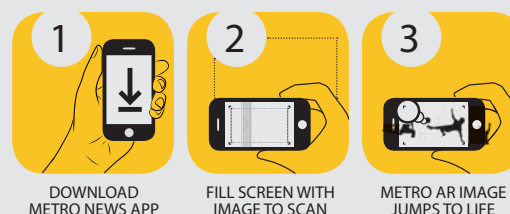


"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 7 in News, page 12 in Scene and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Best of the bumper crop



ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)



THE CANADIAN PRESS/FILE



HEALTHY MOM HAPPY FAMILY



STAY
WELL
MOM



Crest always

STAY WELL

easy ways to help you live well



These tips and tricks are already at your fingertips, easily within reach. Staying healthy has never been so easy!

1 Get the oral health-care supplies you want

Not every toothbrush is created equal. "Electric brushes remove two times the plaque compared to regular manual brushes," says Dr. Janet Tamo, who has practiced dentistry for more than 25 years. Visit the oral health-care section of your local grocery store to find models of Oral-B power brushes, the Crest Pro Health line, and other related products.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity.



2



Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3

The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.



4



Take care of your digestive tract

A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

Rid yourself of germs—easily

5

Crest Pro-Health Multi-Protection Rinse can rid your mouth of millions of germs and it's an effective way to fight gingivitis.

To ensure this product is right for you, always read and follow the label.

6 Stay comfortable

Always Infinity is a girl's best friend when she wants to feel fresh and dry during her period. You owe it to yourself to feel good all the time.

7

Boost your confidence

Whitening your teeth is one way of feeling more self-assured. Swing by the oral health-care section of your local grocery store and pick up Crest 3D White Whitestrips to get more confident about your appearance.



8

Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

*Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet. To ensure this product is right for you, always read and follow the label.

9

Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.



GO ONLINE FOR MORE HELPFUL TIPS

Need more bright ideas to help you spring forward to a healthier you? Go to staywellmom.ca for tons of tips that are perfect for busy moms.

AT A MOMENT LIKE THIS,
I'M GLAD I USE NEW
TAMPAX PEARL ACTIVE.

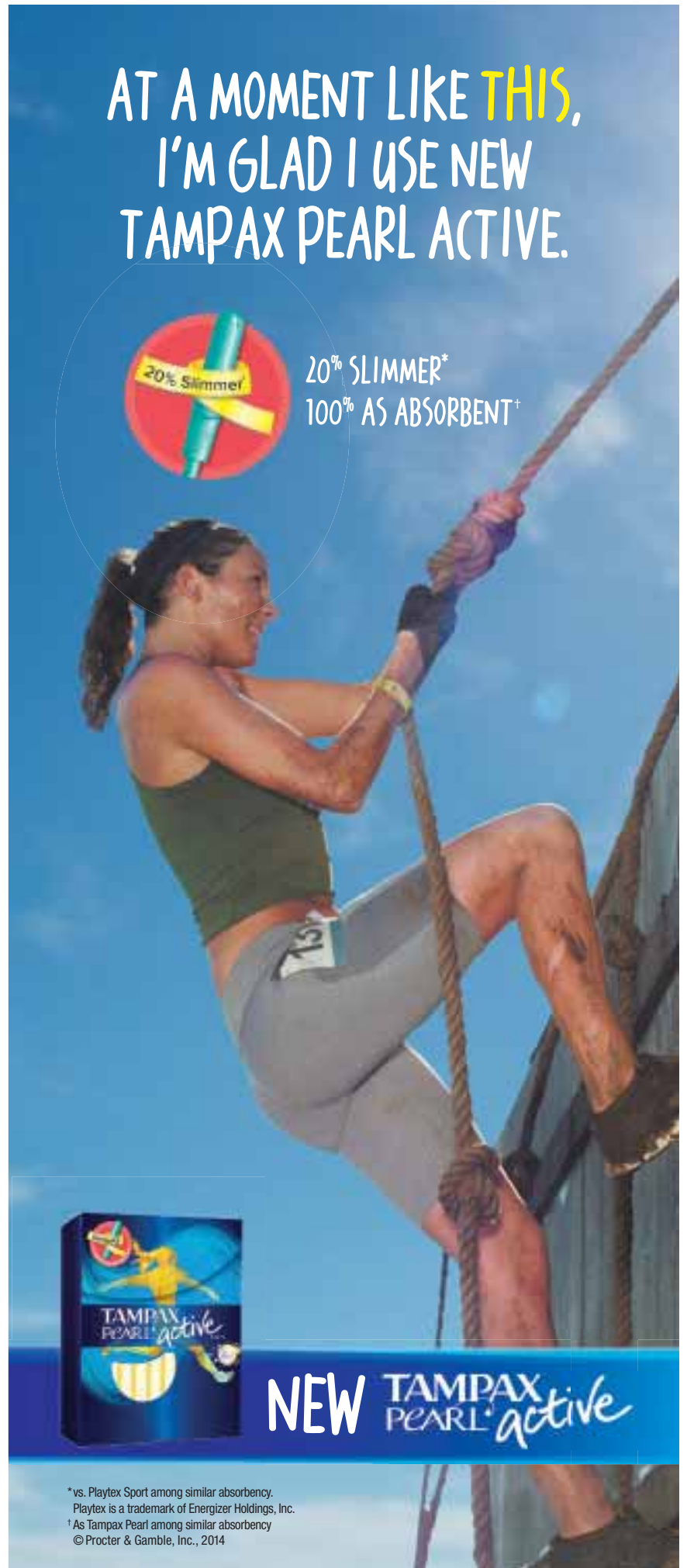


20% SLIMMER*
100% AS ABSORBENT†



NEW TAMPAX PEARL active

*vs. Playtex Sport among similar absorbency. Playtex is a trademark of Energizer Holdings, Inc.
†As Tampax Pearl among similar absorbency
© Procter & Gamble, Inc., 2014



Scan this photo with your Metro News app to view The Sacramento trailer

Swanberg comes out from behind the lens

Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, *The Sacramento*



NED
EHRBAR

Metro World News in Hollywood

Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like *The Sacramento*, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?

I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.

Had you come across any cultish types of things like this before?

Not really, but I was fascinated with Jonestown. When Ti first called me about the movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me. And then adding the Vice component was really exciting because they're just so active right now, covering different kinds of stories and putting themselves into dangerous situations. I spent some time figuring out that kind of Vice vibe. They have their own way of doing it, so we wanted to try to get that right.

How do you balance acting



Joe Swanberg says he mostly ends up acting in his friends' films. GETTY



Ti West's latest film is about a reporting crew's run-in with a disturbing cult. CONTRIBUTED

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When family members raised concerns about their loved

ones, members of the U.S. government visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.

and pursuing your own film-making goals?

I've been pretty busy as a

director the last year. There was a period of time when I was doing a lot of acting

After Drinking Buddies

Given the success of his film *Drinking Buddies*, does Swanberg feel like people see him as the go-to person for films you can make for less than a million dollars? "I don't know, maybe," he says. "I've sort of chosen to work really cheaply, and part of that is just a practical mindset coming from no-budget indie movies. But also you just have so much more freedom at a lower budget level. The more money you throw under there, the more you have to make that money back, and I think that I've just chosen to occupy this space because I can stretch out and try different things."

work, and that's kind of slowed down as I've focused more on my own stuff. But I really like to act, so I hope it's something that I'll be able to keep doing. A lot of the films that I acted in two years ago are just coming out now, so it's been cyclical. I don't know, I think of myself as a director. The acting's always been more something that I really love to do but I haven't invested a lot of my energy into it, so it always comes down to just friends calling me and offering me parts in movies. I'm not out there auditioning stuff. I feel like I only get work when people remember me or think of me.

You have your next film as a director, *Happy Christmas*, coming out this summer, which seems like an odd time to release it.

Well, I would describe it as more of a comedy and a family movie than it is a Christmas movie. For an independent film, it's really hard to put a movie out in December. That's when the studios are putting out all of their big Oscar movies, and it's easy to get lost. We talked about it and felt that it was a movie that would stand a better chance of finding its audience in the summer, and then in a perfect world it will be out on DVD around Christmas, and if there's a holiday component to the movie, people can catch it on home video around that time.

DVD review



Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu

This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the *Anchorman* movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

Fans will smile at Partridge TV show regulars Felicity Montagu, Tim Key, Phil Cornwell and Simon Greenall, all of them guided well by director Declan Lowney. And of course there's Partridge himself, whom Coogan delivers with deadpan aplomb. He claims to be tired of playing the character, but this is the one he knows and does best.

Extras include deleted scenes, a making-of featurette and a commentary track by Coogan and writers Rob and Neil Gibbons.

PETER HOWELL

Will Bryan Singer get the boot from the next X-Men film?

Bryan Singer's legal troubles didn't seem to have any negative impact on the box office for X-Men: Days of Future Past, but that doesn't mean he's in the clear just yet as far as professional fallout goes.

All the attention surrounding Singer — who is being sued for allegedly sexually assaulting a then-17-year-old boy in 1999 — could still cost him the directing job for the franchise's next film, X-Men: Age of Apocalypse, according to Radar Online.

"Fox isn't confident in it not heavily impacting production. Bryan's lawyers are going nuts because the deal was closed months ago," a source says, adding that the studio brass "don't really care whether he's innocent or guilty. They're only concerned with the bottom line, which is giving him another \$250 million to \$350 million US to make Apocalypse."

"There have been talks about who else he'd let direct it with him producing, but those led to heated arguments and walkouts. They're also looking at how far back they can push production without moving the release date, if any lawsuit did get a court date."

METRO WORLD NEWS

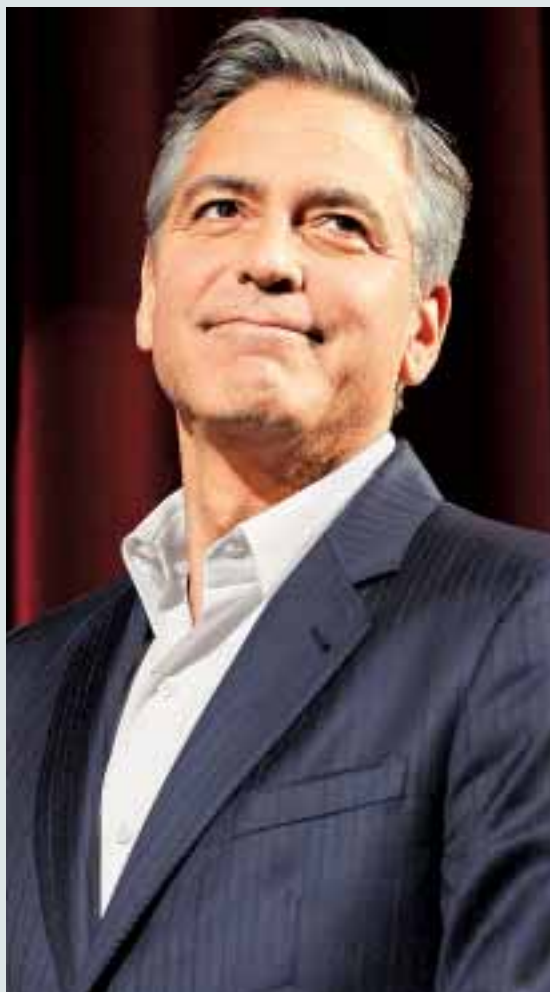


Bryan Singer
ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



George to wed in Venice, but exact plans still Up in the Air

MELINDA TAUB
Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Almuaddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and Amal want to be married in Italy, but they need

a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.



Rachel McAdams

Don't worry, Gyllenhaals, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works,

but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, Southpaw, are just good friends and colleagues. For now, at least.

METRO WORLD NEWS

Alleged burglar caught at Sandra's L.A. home

Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmful and fine." THE ASSOCIATED PRESS



Sandra Bullock

NOW AT MTS CENTRE!

KICK OFF SUMMER
JUNE 12-13, 2014

Flatlander's BEER FESTIVAL

f t FLATLANDERSBEERFEST.COM

TICKETS AVAILABLE AT LIQUOR MARTS & ticketmaster.ca

PRESENTED BY

**LIQUOR
MART**

A THUNDERBOLT
EVENTS & PROMOTIONS
EVENTS

SPONSORED BY

TrueNorth
COMMUNICATIONS

Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN
GILLILAND
life@metronews.ca

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along



Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe



Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Quoted

"We need to do this together to make a difference. It's all of us together."

Danielle Berman, organizer of Ride Away Stigma

that's a huge part of why my dad didn't seek help."

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised \$60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.

What Brazil can teach Canada about food

'Recipe for health.' The country tackles growing waistlines with a new proposed food guide that goes beyond nutrients



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Soccer fans flocking to Brazil

for the 2014 FIFA World Cup (June 12 to July 13) may find very roomy seats, depending on the stadium they are in. Partly because of the country's obesity problem, at least one per cent of the seats in Brazil's newly built World Cup venues will be extra-wide — about double the size of regular seats.

According to a 2013 report by research firm GlobalData, by 2022 an estimated 64 million people in Brazil, whose economy has grown rapidly in recent years, will be overweight. And 26 million — more than one eighth of the

population — will be obese.

Here's the good news, and it's something Canadian policy-makers may want to consider: Brazil's ministry of health has proposed a new food guide that focuses not on nutrients, but on meals and foods. It's "a recipe for health," says Dr. Yoni Freedhoff, medical director of the Bariatric Medical Institute in Ottawa, and author of The Diet Fix. He adds that many of the world's dietary guidelines, including Canada's, "are stuck in a nutrient-focused approach where the goal is to ensure people meet their nutrient

quotient. But people don't shop for nutrients; they shop for foods." He also notes that a nutrient focus confuses consumers into thinking a highly processed food that has been enriched with a nutrient is a healthful choice.

Jean-Claude Moubarac, a post-doctoral research fellow at both the University of São Paulo in Brazil and the University of Montreal, worked on the guide, which is undergoing public consultation. "It was important to have a guide that was updated and addressed the most recent view of nutri-

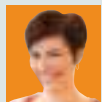
tion." That view also includes a focus on the role of food processing and the context of eating. "The way you eat is as important as what you eat," says Moubarac. "We tend to be busy and stressed, and see eating as something we need to do quickly."

Instead, meals should be prepared and enjoyed with others. **FOR MORE ARTICLES, RECIPES, AND PRODUCTS FOR LIVING WELL, PICK UP THE LATEST COPY OF BEST HEALTH MAGAZINE ON NEWSSTANDS. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**

Sardines are the perfect small fry

Gone fishin'

Smallest fish are the most delish – and the healthiest



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks.

- One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it.

- To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated.

- You then get to carry those pollutants around in your body, to your detriment.

- All this means is that the healthiest fish for us (and for the planet) are the smaller fish.



- Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

- The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?!

- Cooking these couldn't be simpler or quicker. They really are a three-minute miracle.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe makes four servings. THERESA ALBERT

Barbecued Small Fish. Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.

Preparation time: 4 minutes

Directions

1. Place fish into a glass casserole dish or lasagna pan.

2. Slice lemons very thinly and lay on top of fish.

3. Sprinkle capers and dill over fish and splash with hot

sauce.

4. Bake in 425F oven or on barbecue for 6-8 minutes.

5. Season at the table with sea salt and pepper.

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce

FLASH FOOD

From your fridge to your table in 30 minutes or less



Smoky grilled zucchini puts spin on chèvre



Grilled zucchini rolls. NEWS CANADA

Grilled Zucchini Rolls. Perfect for the barbecue, grilled zucchini slices are filled with goat cheese, flavourful sun-dried tomatoes, and thyme

Directions

1. Preheat barbecue on medium.

2. Brush both sides of sliced

zucchini with olive oil and sprinkle with salt. Place on the barbecue and grill for 4 minutes per side.

3. When cooked, set on a wire rack to cool.

4. In a small bowl, combine the chèvre, pepper, salt, sun-dried tomatoes, oil and thyme.

5. Using a small spatula, spread the cheese mixture thinly over one side of the zucchini. Lightly roll the zucchini, and place seam side

Ingredients

- 3 medium zucchinis, sliced 1/4 inch thick, lengthwise
- 1 tbsp olive oil
- 4 oz chèvre (soft goat cheese), at room temperature
- Pinch freshly ground black pepper

- Pinch kosher salt
- 2 tbsp sun-dried tomatoes, oil-packed, minced
- 1 tsp oil, from the sun-dried tomatoes
- 1 tsp fresh thyme, minced
- 2 tbsp Parmesan cheese, freshly grated

down on a small parchment-lined baking sheet. Sprinkle with Parmesan cheese. Place baking sheet on top rack of barbecue for 15 minutes.

6. Remove to a platter and serve.

NEWS CANADA/BROILKINGBBQ.COM

A GOOD NIGHT'S REST MEANS GOOD HEALTH



SHUTTERSTOCK

Metabolism, mood and mental alertness all affected by sleep

Canadians spend one-third of their lives sleeping, according to Statistics Canada. When we don't get enough shut-eye, our productivity and behaviour are negatively impacted. This affects our work, family and personal life, plus our physical and mental health.

Although sleep needs differ from one person to another, the experts believe that adults need between seven and nine hours of deep nightly slumber in order to feel refreshed. Good sleep habits contribute to important health benefits such as weight control. Why? Constant sleepiness can make us pack on the pounds because it slows our metabolism.

Adequate rest also helps us concentrate, enhances our ability to solve problems and make decisions, and improves our mood. If you get enough regular sleep, you may even live longer. Studies have found that people who routinely sleep for fewer than six hours a night have a higher risk of

REGENERATE YOUR IMMUNE SYSTEM

Constantly being sleep deprived makes us feel worn down, which is a sign that our body is vulnerable to infection and other illnesses and not at its strongest to fight them. Studies have linked sleep deprivation to a higher risk of developing not only colds and flu but also heart disease, diabetes and obesity.

dying sooner than those of a similar age who snooze for seven or eight hours.

If you want to sharpen your memory, you have to sleep more. There is strong evidence that the long-term storage of memories occurs during sleep. According to Webmd.com, researchers believe that without adequate sleep, our brain has a harder time absorbing and recalling new information.

The 2010 Sleep in America poll found that from 20 to 30 per cent of men and women felt their sexual relationships had been affected by their fatigue. What better reason to hit the sheets a bit earlier than usual?

— Jane Doucet

ADVERTISING FEATURE

Sleep doc is a phone call away

Sleep apnea is a widespread and potentially deadly medical condition that affects tens of millions of people everyday. It is an insidious condition that quietly (or not so quietly) erodes your health over time. It's a deceiving disorder because 90 per cent of people who have it don't even know it. It may have already invaded your bedroom.

It attacks when you're most vulnerable and least aware of its dangers. It can cause high blood pressure and increase the risk of a heart attack or stroke. If left untreated, it can become life threatening. Just the thought of it is enough to keep you awake at night.

A person with sleep apnea will often wake up

feeling like they have not slept at all and in turn will have difficulty staying awake during the day. Other common side effects of sleep deprivation include a jeopardized immune system, poor mental and emotional health, and irritability. Remember: sleep apnea has implications beyond the individual sufferer; bed partners and family members can also be affected in various ways.

Dr. Brent Wong from Shine Dental is a dedicated professional in the field of obstructive sleep apnea and can help you get the sleep you need and deserve. To schedule your appointment, call 204-477-4463 or visit shinedental.ca for more information.



CONTRIBUTED



shine dental

ARE YOU ONE OF THE 7.4 MILLION CANADIANS WITH SYMPTOMS OF OBSTRUCTIVE SLEEP APNEA?

If you find yourself **drowsy during the day, not getting a restful sleep at night, snoring** or having **high blood pressure**, you might have **sleep apnea**. At Shine Dental **we can help!** We have **solutions** to have you feeling your **regular self** again, so you don't have to be part of this statistic!

Call us for a free consult → 204.477.4463 | 360 MAIN ST, 20TH FLOOR | SHINEDENTAL.CA

IMPLANTS FREE CONSULTATIONS GENERAL DENTISTRY INVISALIGN CT SCANS EMERGENCY CARE ONLAYS RELIEF OF TMJ DISORDERS
DENTURES ONE APPOINTMENT CROWNS COSMETIC DENTISTRY RELIEF FROM SNORING & SLEEP APNEA...ALL ON SITE



SHUTTERSTOCK PHOTOS

Think a good night's sleep is only in your dreams?

Finding it difficult to fall asleep, stay asleep or simply feel rested? You're not alone.

According to recent reports, the incidence of insomnia and sleep disorders is verging on epic proportions, with millions of Canadians reporting some degree of difficulty sleeping or staying asleep.

And yet without sleep, life is impossible. People with sleep issues may have difficulty working, thinking, even functioning. As hours of regular, restful sleep recede, every aspect of life may be affected; energy, productivity, concentration, looks, health.

Today, with hectic and stressful lifestyles showing no signs of abating, quality and length of sleep often fall by the wayside. So, if you're tired of being tired, what can you do to improve sleep patterns? It's time to put your sleeping problems to rest with the Sleeper Sleep Aid.

Why sleep is so essential to health and wellness:

There's no questioning the value of a good night's sleep. Triggered by neurons in the brain stem, sleep exerts an essential mental and physical restorative function.

It revitalizes the body and mind and allows for essential repair and the consolidation of learning. In children, a growth hormone is secreted during sleep, crucial to proper development. In adults, sleep sees a release of various chemicals necessary for the smooth functioning of our immune system.

Those suffering interrupted sleep or sleep deprivation may experience impaired social and work performance and overall reduced quality of life, but more serious results of chronic sleep deprivation may include a weakened immune system and susceptibility to sickness, weight gain, increased risk of cardiovascular disease, diabetes, depression and hypertension.

What can you do?

Bad habits are often to blame for a drop in sleep quality and quantity. Irregular work hours, shift work, the lure of technology and competing commitments see us staying up well beyond our bedtimes.

Rather than resorting to desperate measures and forking out for 500-thread count sheets, simply improving nighttime habits can work wonders for our wellness.

The Sleep Aid with a Synergistic blend of 5 of the World's most Effective Herbs

THE SLEEPER® has been carefully developed to be the most effective sleep aid. It combines FIVE powerful herbal ingredients that work synergistically to create a gentle and easy to use supplement that works. THE SLEEPER® provides over SIX TIMES the normal potency of other natural sleep aids, ensuring that you get a full, refreshing night's sleep.

Liquid Form

The Sleeper's liquid form makes it easy to add to a night time cup of tea, or any beverage, for a pleasant tasting, fast acting sleep aid.



Herbal^{X5} Synergy



L-5HTP



SCULLCAP



LEMON BALM



HOPS STROBILE



LINDEN FLOWER

*Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Consult a health care practitioner if symptoms persist or worsen. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have depression and/or related diseases or are taking carbidopa or drugs/supplements with serotonergic activity. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Some people may experience diarrhea, nausea, vomiting and abdominal pain. www.thesleeper.ca



350-1120 Grant Ave. (Grant Park Shopping Centre)
(204) 475-7522

Bombers try to shake off Argos at Investors Group Field

The Toronto Argonauts' Josh Jasper brings down the Winnipeg Blue Bombers' Paris Cotton during the first half of pre-season CFL action at Investors Group Field on Monday night. For the game's result and more go to metronews.ca.

TREVOR HAGAN/THE CANADIAN PRESS



Kings close in on cup after crushing Rangers

NHL final. L.A. takes 3-0 lead in series after Quick shuts out N.Y. in its own house

This Stanley Cup final is beginning to look like a Quick series.

Thanks to 32 saves from goaltender Jonathan Quick, the Los Angeles Kings beat the New York Rangers 3-0 in Game 3 Monday night to take a commanding 3-0 series lead and move within one victory of hoisting the cup.

Quick was masterful in his poise and in his reflexes to record his second shut-out of these playoffs and the

Game 3	
3	0
Kings	Rangers

ninth of his NHL career in the post-season. The native of nearby Milford, Conn., who grew up a Rangers fan, managed to do it in his first game at Madison Square Garden, which made it even more memorable.

To supplement Quick, the Kings got goals from Jeff Carter, Jake Muzzin and Mike Richards and were in

control all night despite being outshot 32-15. New York goaltender Henrik Lundqvist stopped 12 shots, but he couldn't do anything about his counterpart following the lead of his childhood idol, Mike Richter, who helped the Rangers win the Stanley Cup 20 years ago.

Complete with the memory of Games 1 and 2 — both overtime losses — the Rangers reflected confidence despite their series deficit. Pre-game festivities included a motivational montage featuring Liam Neeson, and the home team took the ice at the Garden to the strains of The Who's Baba O'Riley.

John Amirante's rendition of the Star-Spangled Banner,

accompanied by frenzied towel waving from the sell-out crowd, served up the first Stanley Cup final game in this building since the Rangers won it all on June 14, 1994, by beating the Vancouver Canucks. That ended the franchise's 54-year championship drought.

After the Rangers' Game 3 loss, they got one step closer to extending their current drought beyond 20 years. And the Kings moved to the verge of their second title in three seasons.

Late in the first, the Kings got started on their 15th victory of the playoffs with a goal that stunned the crowd along with Lundqvist and the Rangers. **THE ASSOCIATED PRESS**

Clippers sale

Sterling pulls out of deal, lawsuit back on: Attorney

Los Angeles Clippers owner Donald Sterling has pulled his support from a deal to sell the team to former Microsoft CEO Steve Ballmer and will pursue his \$1-billion federal lawsuit against the NBA, his attorney said Monday.

"We have been instructed to prosecute the lawsuit," said attorney Maxwell Blecher. He said co-owner Donald Sterling would not be signing off on the deal to sell.

Donald Sterling agreed to ink the deal and drop the suit last week assuming "all their differences had been resolved," his attorneys said. But he decided to not sign the papers after learning the NBA won't revoke its lifetime ban and fine.

THE ASSOCIATED PRESS

Tennis

Bouchard climbs world rankings

Canada's Eugenie Bouchard has moved up four spots in the WTA tennis rankings following her semifinal appearance at the French Open. The player from Westmount, Que., is ranked a career-high 12th, up from No. 16.

Russia's Maria Sharapova moved up three spots to No. 5 after winning the women's title in Paris on the weekend.

On the men's side, Milos Raonic of Thornhill, Ont., remained in the ninth spot.

THE ASSOCIATED PRESS



Dwyane Wade of the Miami Heat drives to the basket against Manu Ginobili of the San Antonio Spurs during Game 2 of the NBA Finals on Sunday. Scan the image with your Metro News app to see how some of the Finals' top performers have fared in Games 1 and 2. ANDY LYONS/GETTY IMAGES

Heat see themselves in Spurs

Record-breaking squad

11

Miami has won a franchise-record 11 straight post-season games at home.

Dwyane Wade thinks there's no one better than the Miami Heat at dealing with the mental challenge of the playoffs. In his eyes, only one other team might compare. He's talking about the San Antonio Spurs.

That's why Wade believes these NBA Finals are just getting started.

When he looks at the Spurs, he sees qualities his own team has, including an ability to break down a loss and quickly correct things. It's what Miami did before Game 2 of the finals and it's what Wade expects the Spurs to do before the title series resumes with Game 3 in Miami on Tuesday night.

"You never put them away," Wade said. "I think they always believe and it's the same with us. You can't, you won't, put us away because we're always going to believe. That's why this is a perfect, different animal, kind of series. They're the other team like us. They don't lose much and when they do they come back and are better

in the next game."

That would explain why on Monday, instead of a day off, the Heat gathered to watch video of Game 2.

By winning in San Antonio to even the finals at 1-1, home-court advantage now belongs to the Heat. But no one in their locker-room thinks it's going to get easy now.

"They played a great game," Spurs guard Tony Parker said after Miami's 98-96 win in Game 2, the 13th straight time the Heat immediately followed a post-season loss with a victory. "Now it's our turn to go over there and get one."

THE ASSOCIATED PRESS

CALENDRI PROPRIO Located at 6331 Route 14, Grande Pointe, MB

We are looking for a hardworking, full-time individual who is motivated and committed.

Must be able to lift between 25lbs and 50lbs, have good eye-hand coordination, a valid driver's license and be able to work in a cold environment.

No experience is necessary. We will train you everything we need you to know.

Please send your resume to: hr@calendri.com

Grande Pointe - P (204) 235-5190 • P (204) 235-5194

E: calendri@calendri.com

Horoscopes

Aries

March 21 - April 20

Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

Taurus

April 21 - May 21

The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

Gemini

May 22 - June 21

The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

Cancer

June 22 - July 23

Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

Leo

July 24 - Aug. 23

It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

Virgo

Aug. 24 - Sept. 23

You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

Libra

Sept. 24 - Oct. 23

A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

Scorpio

Oct. 24 - Nov. 22

There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

Sagittarius

Nov. 23 - Dec. 21

Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

Capricorn

Dec. 22 - Jan. 20

You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

Aquarius

Jan. 21 - Feb. 19

You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

Pisces

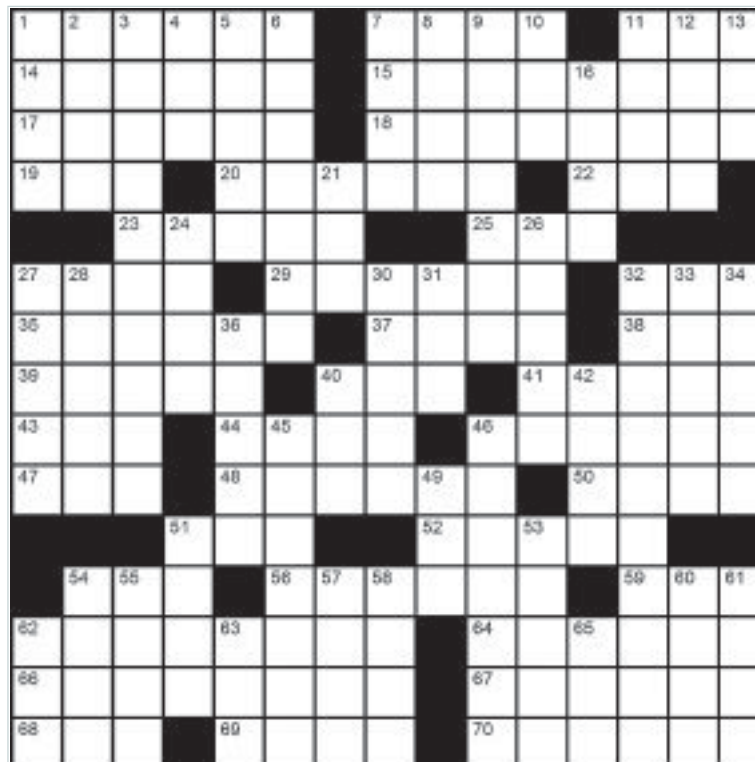
Feb. 20 - March 20

You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. 'Tenth Muse', to Plato
7. Prefix to 'cross' (Off-road sport for bikers)
11. School org.
14. Wobbly
15. For example...
Evangeline: A Tale of Acadie: 2 wds.
17. Tiger, for one: 2 wds.
18. Hogwarts School of Witchcraft and —
19. Film studio, DreamWorks
20. ABBA's "—Vous"
22. Belief system
23. Rolling Stones live album: 'Get Yer — Out!'
25. Gird
27. Cumberbund
29. Watchman
32. CFL game div.
35. Most kind
37. Ms. Turturro of "The Sopranos"
38. OPEC member country
39. Bakery attraction
40. Caesar's 610
41. Rocker Mr. Redding's
43. Preacher, e.g.
44. Provo's place
46. Element
47. Earlier, olde-style
48. Useful accounting info: 2 wds.
50. Massachusetts' motto starter
51. Blokes
52. Reels



54. Car company
56. "Beauty and the Beast" (1991) character
59. Up to —
62. 'Ghosts' is this band's brand new album: 2 wds.
64. Conceptualize

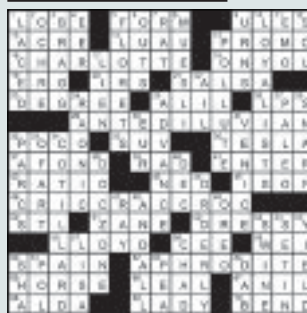
66. Ian —, Toronto-born lead singer of #62-Across who is married to #9-Down
67. 1997 Green Day album
68. London's li'l locale
69. Achy
70. Assigned a job

Down

1. Stand-ins
2. Name for Canada's series of satellites
3. East Coast: Picturesque postcard place: 2 wds.
4. Piping stuff, commonly
5. Leaden
6. Where to put jam in the morning: 2 wds.
7. Weak whine
8. Mayberry kid of '60s TV
9. Christine — (Host of CBC's "Best Recipes Ever")

10. Wood sorrel
11. Pea 'packages'
12. Condition
13. Ms. Adams
16. Refined
21. Employ
24. "Cough..."
26. Mr. Gosling's
27. Drum kit part
28. Broadcaster
30. Night: German
31. Concert items, commonly
32. Government of Ontario hub in Toronto: 2 wds.
33. Powders
34. Remainder: French
36. Lightly fry
40. Jاذيا —, "Star Trek: Deep Space Nine" role
42. Welcoming
45. Hybrid citrus fruit
46. Put a person in a position
49. 'Violin' suffix
51. Bryn — (Pennsylvania college)
53. Mumbai's country
54. The Greg — Band
55. Elvis' "— Stung"
57. Tennis serving whiz
58. Dog breed, — Terrier
60. Stick — in the water
61. Mr. Foxx
62. "Let It Ride" gr.
63. Hosp. professionals
65. Dorothy's Auntie's namesakes

Yesterday's Crossword

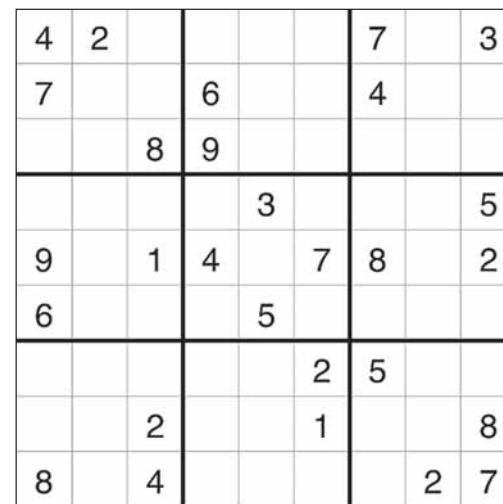


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TUESDAY



MAX: 24°
MIN: 15°

WEDNESDAY



MAX: 20°
MIN: 11°

THURSDAY



MAX: 21°
MIN: 4°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**





PUT THE SMART BACK IN YOUR PHONE...

Download the FREE Metro app today!



FLIGHT CENTRE
The Airfare Experts

1 888 216 1025
flightcentre.ca

New York
Flights + 3 Nights

\$775
from

INCLUDES Manhattan accom near Little Italy. ADD Slice of Brooklyn Pizza tour from \$95.

Conditions apply. Ex: Winnipeg. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.

SUMMER READING STARTS NOW

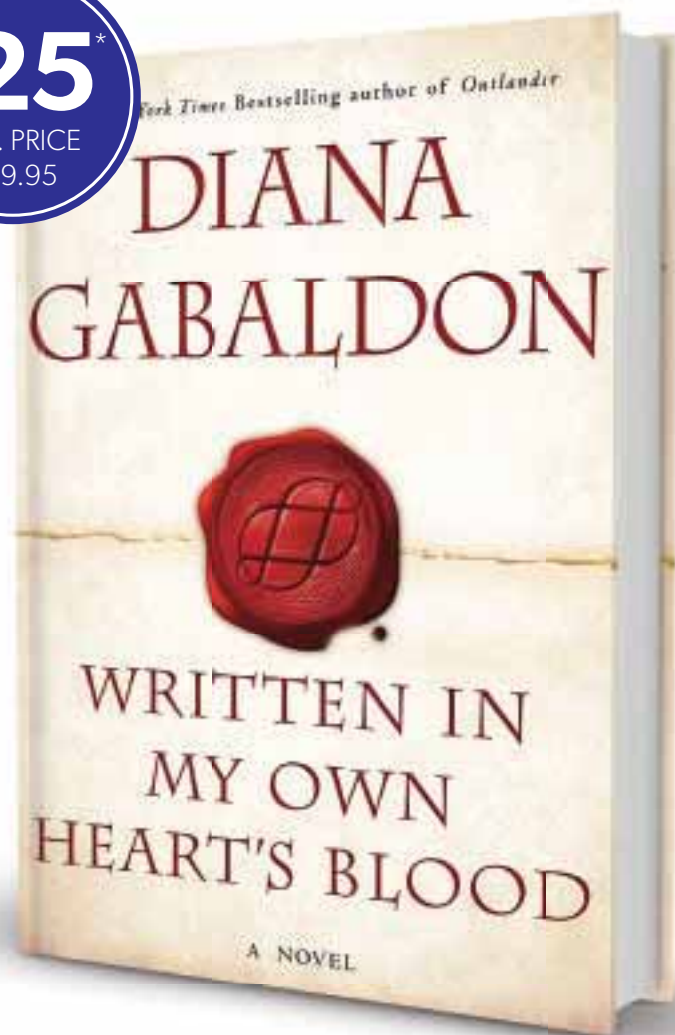
Written in My Own Heart's Blood

by **Diana Gabaldon**

It's been five years since *An Echo In the Bone*, but finally Claire and Jamie are back! The epic *Outlander* series continues with the 18th century's most romantic couple trapped in revolutionary Philadelphia. All the adventure, romance and intrigue you've come to expect from the mind of Diana Gabaldon.

Bestselling and award winning author of the *Outlander* books, Diana Gabaldon is one of today's finest writers of historical adventure and romance.

\$25*
REG. PRICE
\$39.95



 **Free Shipping** + Hassle Free Returns** to any one of our stores

Indigo

Chapters

Coles

indigo.ca

    /chaptersindigo

*Price valid in-store only from June 10 - July 7, 2014. **Some restrictions apply. See indigo.ca for ship-to-store details. Offers may change or end at any time. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.